

**Holbrook Study Tour: Grades 9 & 10**

**Washington D.C.**

**November 17-20**

***Travel Tips***

*We hope you are excited about this unique learning opportunity. Please read this document carefully as it provides many helpful tips to assist you in preparing for your trip to our nation’s capital. It will be a busy four days together—the better prepared you are, the more enjoyable and rewarding the experience will be.*

**DOCUMENTS TO BRING**

* Holbrook Student ID Card
* Copy of the Itinerary

**WHAT TO PACK**

Important: *Pack light!*  Bring clothes you can layer for temperature changes and mix and match to make different outfits. Long sleeve items can be worn alone or over shirts. Make sure all footwear is comfortable and that it can be worn for long hours. We will be doing a lot of walking! Temperatures will likely start out cool in the morning. Pack for the possibility of rain. We may encounter situations where we are outside visiting a site in the rain.

**Clothes and Shoes**

General touring: Dress is casual for touring. It will be important to dress in layers. We may start a day with a cold morning, shift to a warmer afternoon, and end with a cool evening.

* Students should be mindful of their dress on all days, but particularly on Saturday for the visit to Arlington National Cemetery and the wreath laying ceremony. *Students selected to participate in the ceremony should see Ms. Gallagher for dress code details.*

Proper dress will be strictly adhered to. Students should follow the dress requirements listed below:

* Examples include:
  + Sweater; hoody; zip jacket/coat
  + Rain jacket or poncho
  + Comfortable walking shoes
  + 2-3 Shirts
  + 2 Pants
* Additional clothing items
  + Socks
  + Underwear
  + Pajamas
  + Scarf
  + Gloves & Warm Hat

The following attire is *not* considered appropriate:

|  |  |
| --- | --- |
| * Ripped clothes | * Underwear as outerwear |
| * Patched pants | * Shirts that expose the midriff |
| * Pajama pants or sleep apparel | * Short skirts |
| * See through clothing | * Open toed shoes |
| * Shorts of any kind | * Hats |
| * T-shirts with inappropriate logos | * Pants worn below the waist |
| * Tank tops, halter tops or tube tops |  |

**Toiletries**

* Shampoo / Conditioner will be available in the hotel
* Hairdryers are generally also available in the hotel
* Extra glasses and/or necessary contact lens items
* Small packets of tissues
* Antibacterial gel or wet wipes
* Deodorant
* Tooth brush and tooth paste
* Additional personal toiletry items

**Gear** – Some items are optional

* Daypack, or other lightweight bag for camera, windbreaker, water bottle, snacks, etc.
* Journal or phone app for recording notes and observations
* Travel Alarm Clock or use your phone. You are responsible for your own wake-up call/alarm
* Money belt or other secure pouch
* Sunglasses
* Flashlight – can be handy in the hotel room so as not to disturb roommates
* Camera (if in addition to your phone) with plenty of batteries, and large data card storage card
* Cell phone and adapters
* Extra zip-lock bags of various sizes for gear, and small items.

**HEALTH: Please make sure you have consulted your physician regarding any personal medical conditions or concerns**.

***IMPORTANT****: If you have any particular medical needs that should be known by the chaperones, please be sure to contact Dr. DeMello.*

**Medicines and Health Products:** As appropriate for you. Those students with asthma or allergies are expected to bring their inhalers and epipens.

* Bandaids
* Motion sickness wrist bands if student is prone to motion sickness.

**TRAVEL SAFETY & COMFORT:**  ***Never make jokes about safety as you may be detained by security!***

**Security** **Stations**: When entering museums or other sites, you may be required to pass through security gates. Most electronics must be removed from bags when clearing security. You may not be able to take water / drinks through security. Generally, you can take snacks through. You may also be asked to pass several items through a scanner including your shoes, belt, pocketbook / wallet, change, jewelry, and any other metal products. ***Never make jokes about safety as you may be detained by security!***

**Luggage**:

You will be placing your main luggage for storage under the bus during the ride to DC. Be sure any snacks, drinks, medications, money, phone, jacket/sweater, etc. is with you in a backpack on the bus as you will not have access to your luggage stored under the bus until we arrive in DC to the hotel.

**Backpack Bag for Bus**: Suggested personal items

* iPod or other MPG player (or cell phone) and ear buds
* Book to read
* Deck of cards
* Motion sickness prevention items
* Inflatable neck pillow
* Light jacket / sweater as bus temperatures can fluctuate
* Snacks (Avoid nuts due to food allergies)
* Tissues
* Pen and small notepad
* Wallet

**Travel Fatigue**

* For comfort and travel recovery, it is best to **stay hydrated**. Drink plenty of water! Avoid coffee as it can dehydrate you. Eat light, but frequently and avoid salty foods.
* Stretch! Learn some exercises that you can do in your seat without disturbing your neighbors.

**Bus Travel Tips**

* Follow instructions of the bus driver. Do not leave your seat without permission. Students should not move about the bus when it is not parked.
* Be respectful of those around you in terms of noise level, reclining seats, arm rests, etc.
* Whether you are in an aisle or window seat, check with the person you are sitting with to take turns having a window and aisle seat.

**MONEY**

* Plan on a range of $18-20 for tips. Again, please have tips available in single bills as tips will be given to a variety of people. Be sure that your *tip money is set aside separate from spending money,* so you have what you need at the various times during the tour.
* Food Money: Bring enough for 4 lunches & 1 dinner on your own @ approx. $55-$70
* Gift/ Souvenir Money: This amount will vary by personal choice, but remember that all students are responsible for their own money.

**LUGGAGE**

* Plan to travel light!
* Recommendation: One small-medium-sized luggage you can easily handle while *also* toting your back-pack. Wheeled bags are generally your best bet as *you will be required to transport your own baggage* to and from the bus without a cart.
* If you can avoid bringing a pocketbook and reduce your items to what can be carried in your daily travel bag, it will be easier. There will also be times when you will be able to leave your travel bag on the bus and just want to be able to grab your essentials such as wallet and jacket. String bags will be helpful for light use.
* Please leave yourself a bit of space if you plan to buy some souvenirs/gifts.
* Luggage identification: Many bags look the same! It is recommended that you personalize your luggage for easy retrieval. A colored strap around your bag; or a bright bandana or cloth tied to the handle will make your bag easier to identify.
* Make sure ALL your bags, including your backpack, has an identification tag securely attached to them.

**FOOD ADVICE**

* You may want to bring snacks for long bus trips and your hotel room. When dining out, if you have an allergy, be sure to remind the chaperones and waiters/waitresses to ensure your safety.

**SECURITY**

Washington D.C. is generally safe, but as with all places in the world, be smart when you travel. You must always remain with our group. As always, use common sense and pay attention to your instincts.

Keep your eyes open, your money out of sight, and keep your items safe. You are a tourist and tourists are generally easy to spot, and make for easy targets. Don’t take jewelry and items of monetary or sentimental value with you when you travel.

**PRE-TRIP PLANNING**

Pick up a travel guide or go on-line and review general information on the places you will visit. Learn all you can about your destination.

**FINAL WORDS….**

* Punctuality is a basic courtesy. This is a group tour and as such, it is your responsibility not to delay the group. Our schedule will be tight and full in order to maximize this experience.
* *This trip is about experiences*. It’s about YOU growing as a student and citizen of the United States. Throughout the experience, ask yourself, “How will I bring this back to my school?” and “How will this impact my life, my goals, and my future?”.
* A great deal of time has gone into the planning and organization of our trip itinerary, so it is important for us to stick to the schedule. Having said that, things can change that are out of our control. Please be flexible and expect the unexpected! ….. And embrace these moments as learning opportunities!
* OBSERVE….Be attentive! Notice the small things around you that may tell a bigger story. Explore, Engage, & Reflect!
* Remember, YOU represent Holbrook and your school.
* **This is a great opportunity! Embrace it! Get all you can out of it! … and HAVE FUN!!!**